

# HEALTH AND SAFETY GUIDELINES FOR VOLLEYBALL

## Introduction

The organiser of any volleyball event has a responsibility to ensure that it is delivered in a safe environment and manner. These guidelines set out the basic minimum requirements, which are necessary for the safe practice of volleyball mainly in an indoor environment.

## Duties and responsibilities of an organiser, coach, leader or teacher

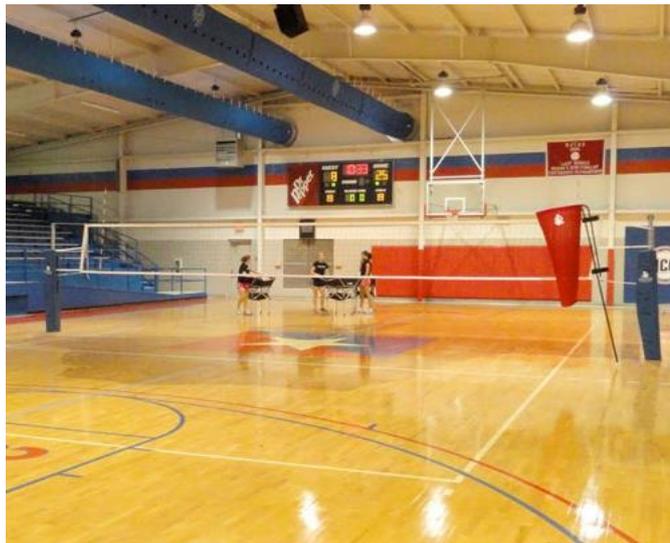
The organiser and leader (teacher, coach, supervisor, referee) of a volleyball event has a 'duty of care' to everyone involved with the event, ensuring that it is delivered in a manner which does not expose any participant to any undue hazard or risk. In the context of volleyball played indoors the principal areas of concern are listed below.

## Facilities

The floor should be non-slip, non-abrasive, dry and clean, with no protrusions e.g. sockets for other sporting equipment. The floor must be flat, horizontal and uniform. If it is wooden, it must be splinter-free.

There should normally be a 'Free Zone' of 3 metres around the court, with no dangerous protrusions on walls. In certain circumstances, e.g. a non-competitive session, the free zone may be smaller - participants should be made aware of this (see 'failure to warn').

All lights above the court should be guarded and all non-volleyball equipment e.g. 5-a-side posts should be safely stored.



For outdoor events, the playing area should be checked for stones, glass and any other debris. Sunglasses, sunscreen, extra water and a shade umbrella are also essential.

## Equipment

Posts must be rounded and smooth and be screwed to, or slotted into, the floor. **Free standing or weighted posts are not permitted and tie wires should not be used to support the posts.** To ensure the stability of the posts, it is important that any floor screw sockets used for securing the posts are clean and able to take the holding screws to full depth. Alternatively, a slider wall fixing may be used. Care should be taken when moving posts, as they can be heavy. Posts and net should be erected in compliance with manufacturer's instructions.

Nets should be securely fastened to the posts and antenna securely fastened to the nets. If a teaching net or rope is being used, this should be marked to make it clearly visible to the participants. Tie wires below head height should not be used.

When being used, referee stands must be stable, easily mounted and present minimum obstruction to the players.

Appropriate sports clothing should be worn and footwear should be suitable for indoor sports activity. The wearing of jewellery and the use of gum is prohibited.

**For further information regarding facilities and equipment, please contact Volleyball England via [info@volleyballengland.org](mailto:info@volleyballengland.org) to receive a copy of Volleyball England's Facilities Strategy.**

## Processes

All participants should be asked to inform the leader of any potential health problem which may affect the individual e.g. diabetes, epilepsy or asthma and the leader should be aware of any emergency action which may be necessary.

Where necessary, Parental or Guardian Consent forms permitting juniors (under 16) to take part in the activity should be signed.

Each venue should have a Health and Safety Policy and the coach, teacher or leader should acquaint themselves with the accident and emergency procedures in the venue. The coach, teacher or leader must check and communicate to the group procedures in case of fire and the place of assembly at the venue.

A written record of all accidents and illness which occur should be made in accordance with the venue's Health and Safety Policy and the leader should also know where the First Aid Kit is kept and the location of the nearest telephone and accident and emergency telephone number.



It is good practice to be a trained first-aider. In the absence of such training, specialist first aid assistance should be sought if an injury occurs.

## Supervision and conduct of sessions

The leader should be qualified to a standard appropriate to the level of the participants and the work being undertaken. They should know and enforce the rules of the game. Each session should be properly planned, with a systematic approach and graduated steps matched to the ability of the players. Players should be matched in ability or clear safety instructions given where players of unequal ability are practising or playing together. The Participant/Coach ratio should allow effective control of the activity to be maintained at all times.



## Hazards in volleyball

A ball container should be used to ensure loose balls do not roll into an area where players may be jumping. Excess clothing should be neatly stored and not discarded courtside.

Serving and smashing practices need to be organised and controlled to minimise the potential hazard of a player being hit unawares by a hard-driven ball. When organising smashing/blocking drills players should be reminded to observe the rules concerning net and centre line violations, to minimise contact at the net.

## Failure to warn

The leader should warn players of the general hazards associated with playing the sport of volleyball, and remind them from time to time e.g. the necessity for proper warm up and cool down, keeping the gym tidy, observing the rules governing the danger of loose balls, play near the net.

Players have a personal responsibility for following good practice. The leader has a duty to warn players of any specific hazards e.g. minor defects in the equipment or the facility. Foolhardiness should not be tolerated.

## Assistants

Any assistant coaches should be adequately supervised. The level of supervision required is dependent on their qualifications and experience and the activity that they are supervising.

## Insurance

The leader should have Public Liability Insurance. All Volleyball England registered coaches receive this insurance to the amount of £5 million. If coaching for a fee, then Professional Indemnity Insurance is recommended. Personal Accident Insurance is recommended but is at the individual coach or player discretion.